

## **CHEX and Health Issues in the Community**

### **Community Health Exchange – CHEX**

[CHEX](#) is a Scotland wide network and works at local, regional and national levels. We're part of the Scottish Community Development Centre and work in partnership with Public Health Scotland.

We work with community-led health organisations, local authorities, the NHS and Scottish Government to promote community-led health as a way to tackle Scotland's persistent health inequalities.

CHEX has a range of [accessible resources](#) to enable practitioners and communities better understand health inequalities and community led health. We also work to influence policy relating to community development and health and you can read our latest policy briefing on [mental health and wellbeing](#) and [our joint statement on prevention in public policy](#).

CHEX also provides training on health inequalities and community led approaches. Due to funding restrictions, we cannot usually offer this free or through our core activities. We can provide this when commissioned to do so and are able to tailor to local agency's needs.

#### [Community led health practice development training](#)

To keep up to date and be a part of the CHEX Network, which includes opportunities for peer learning, networking and attending our annual conference sign up [here](#).

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### **Health Issues in the Community Course Background**

[Health Issues in the Community](#) is a SCQF rated course that enables people of all ages (an adapted version for use in schools and youth work settings is available) to understand what affects them and the health of their communities, developing skills and knowledge to address health issues using community development approaches.

Through the course participants gain a broad understanding of the social model of health, health inequalities, power and participation, community development approaches and how they can use these to make change happen in their communities.

[This video of former](#) course participants illustrates the impact the course can have for individuals and agencies. Further case studies can be found [here](#).

### **Guiding Principles:**

- The life experience and knowledge of course participants are valued and recognised as the starting point for analysis and discussion
- The key process for learning is the opportunity to reflect on our ideas with other people
- It is important for participants to develop critical reflective skills reflecting on the social determinants of health, and about themselves in relation to society
- People should be enabled to participate as active citizens, and acquire knowledge and confidence they need to achieve this
- Learning is a creative, fulfilling and enjoyable activity

### **Course Options:**

- **HIIC Part 1** – Health & Society, SCQF level 6 with 5 credit points (includes a group project)
- **HIIC Part 2** – Ideas into Action, SCQF level 7 with 10 credit points (includes an action research project)

**Both the group project and action research project are picked by individual groups on health topics they identify as relevant to their group and/or their local community.**

In addition to the accredited courses the following short course options are available:

- The Social Model of Health
- Inequality, Equity and Social Justice
- Power, Participation and Democracy
- Community Development and Collective Working
- Youth Short Course

Many tutors also use the materials for standalone workshops, tailored short courses and continuous professional development for staff and volunteers.

### **Health Issues in the Community National Delivery**

CHEX manages the Health Issues in the Community Programme through delivering accredited tutor training for tutors planning to deliver the course in their local community. HIIC tutors are usually a mix of workers from NHS, local authorities and community and voluntary sector organisations.

- CHEX provides the tutor training, assessment, moderation and verification for the tutor accreditation.
- CHEX provides the assessment, moderation and verification for SCQF courses delivered by accredited tutors
- CHEX will provide completion certificates for participants who do not want to undertake SCQF accreditation and short courses (if courses are registered)
- CHEX supports a national network of c.120 accredited tutors through access to the HIIC Resource Hub and peer networking and learning through regular network meetings